

KOTHARI INTERNATIONAL SCHOOL
REVISED ANNUAL ACADEMIC PLAN - HOME SCIENCE
SESSION 2020-21
GRADE 11

MONTH	THEORY: 70 marks	PRACTICAL: 30 Marks
April Weightage: 22/70 Practical: 5/30	Unit 1: Introduction to Home Science Unit II: Understanding oneself: Adolescence Ch- 1 Understanding the self (Introduction)	
June - July Weightage: 22/70 Practical: 5/30	Unit II: Understanding oneself: Adolescence Ch- 2 Understanding the self Ch-3 Food, nutrition, health and fitness Ch-4 Management of resources Ch-5 Fabric around us Ch-6 Media Communication Technology	1. Understanding oneself with reference to : a) Physical development in terms of age, height, weight, hip and chest circumference b) Sexual maturity (Age at menarche, development of breasts: girls/ Growth of beard, change in voice: boys) 2. Observe developmental norms: (Physical, Motor, Language and social-emotional) birth to 3 years 4. a) Record own diet for a day b) Evaluate qualitatively for adequacy 9. Relationship of fibre properties to their usage: a) Thermal property and flammability b) Moisture absorbency and comfort
PERIODIC ASSESSMENT 1 (JULY)		
July – Aug Weightage: 20/70 Practical: 5/30	Unit III: Understanding family, community and society Ch -10 Concerns and needs in diverse contexts: a. Nutrition, Health and Hygiene b. Resources availability and management	3. List and discuss 4-5 areas of agreement and disagreement with a) Mother b) Father c) Siblings / Friends

		<p>d) Teacher</p> <p>e) How would you resolve the disagreements to reach a state of harmony and mutual acceptance?</p> <p>6. a) Record one day's activities relating to time use and work</p> <p>b) Prepare a time plan for yourself</p>
<p>SEPTEMBER</p> <p>REVISION FOR HALF YEARLY EXAMINATION</p> <p>HALF YEARLY EXAMINATION</p>		
<p>October</p> <p>Weightage:</p> <p>10/70</p> <p>Practical: 4/30</p>	<p>Unit IV: Childhood</p> <p>Ch-11 Survival, growth and development</p> <p>Ch-12 Nutrition, health and wellbeing</p> <p>Ch-14 Our apparel</p>	<p>5. Preparation of different healthy snacks for an adolescent suitable in her/his context</p> <p>8. a) Record the fabrics and apparel used in a day</p> <p>b) Categorize them according to functionality</p>
<p>November</p> <p>Weightage:</p> <p>11/70</p> <p>Practical: 5/30</p>	<p>Unit V: Adulthood</p> <p>Ch-15 Health and wellness</p> <p>Ch-16 Financial management and planning</p>	<p>7. Plan a budget for self for a given situation/purpose.</p>
<p>December</p> <p>Weightage:</p> <p>7/70</p> <p>Practical:</p> <p>4/30</p> <p>File: 5/30</p> <p>Viva: 2/30</p>	<p>Ch-17 Care and maintenance of fabrics</p>	<p>10. a) Analyze label of any one garment with respect to: Clarity, fibre content, size and care instructions</p> <p>b) Prepare one care label of any garment</p> <p>c) Analyse two different fabric samples for colour fastness</p>
<p>PERIODIC ASSESSMENT 2 (NOVEMBER- DECEMBER)</p> <p>PRACTICALS- JANUARY</p> <p>ANNUAL EXAMINATION - FEBRUARY</p>		